

## VERY SPECIAL BREW

Why Greenwich brewery is raising a glass to new era in beer making **P4-5**

Arrival of JP Morgan changes balance of power

# Wharf takes over as UK finance hub

Giles Broadbent  
@wharf.co.uk

**C**anary Wharf will become the biggest employer of bankers in Europe in the next couple of months, finally overshadowing the centuries-old preeminence of the City.

The decanting of 8,000 jobs by JP Morgan from the Square Mile to 25 Bank Street will turn the estate into the country's – and Europe's – top financial hub sometime in July.

Some 44,500 bankers will be employed on the Wharf – out of a



Canary Wharf will soon become the financial heart of Europe

total of more than 90,000 workers – with 43,300 in the City, according to figures from a survey carried out by the *Financial Times*.

A spokesman for Canary Wharf Group said: "We are proud to have grown this area faster than any other business district in Europe in the past 20 years, and we still have some way to go before we are finished."

Continued on Page 4



## Art with its elbows out

Designers Cecil Balmond, left, and Anish Kapoor look out over the view of Canary Wharf at the unveiling of the ArcelorMittal Orbit last week. Kapoor, called it "awkward" and "beautiful", a structure with "its elbows sticking out". He baulked somewhat at the £15 ticket, calling it "hell of a lot of money" and called for a more "democratic pricing structure" beyond 2012.

Special reports: After the Games – Pages 6-7 & Property



## Inside



## Win

A holiday for two in Jersey **P49**



Personal training at LA fitness + 5-day pass for all **P47**

## Family

Our new weekly feature for busy mums **P46**



**DINNER AND A MOVIE** Our new weekly competition that takes care of your evening **P53**



JONES LANG  
LASALLE®

Sales & Lettings 020 7715 9700



## WEATHER

**15C TODAY**  
Cloudy

**13C FRIDAY**  
Cloudy

**16C SATURDAY**  
Showers

**16C SUNDAY**  
Showers

**16C MONDAY**  
Showers



## TRAVEL

**TUBE & DLR**  
DLR and Jubilee line are both fine.

**ROADS**  
Blackwall Tunnel shut southbound on Sundays from 1am to 8am.

Don't even  
**THINK** of going  
home until  
**4.30pm**  
when you can  
check our  
daily travel  
update

## INSIDE

**NEWS**  
Pages 1-12

**WHAT'S ON**  
Pages 45

**PROPERTY**  
Pages 13-44

**FEATURES**  
Pages 46-51

**SPORT**  
Pages 54-55



**P4**



**P14**

## CONTACT US

The Wharf  
Trinity Mirror  
21st Floor  
One Canada Square  
Canary Wharf  
LONDON E14 5AP

**EDITOR** Giles Broadbent  
email newsdesk@wharf.co.uk  
editorial 020 7510 6306  
advertising 020 7510 6055  
fax 020 7293 2264

**ESTABLISHED 1998**

# Agenda

## Marching brash band will bring pizzazz

The University of Southern California Trojan Marching Band will be performing in Canada Square Park at 6pm today (Thursday). This is the most exciting thing that has ever happened to the Wharf. They'll be wearing uniforms with dangly cape bits, and metallic helmet hats with plumes of red feathers. And they'll be playing instruments! And marching! Do you know how hard that is? I can't even walk down the escalator and talk at the same time. There's no room for cynicism with marching bands – they are pure unadulterated joy. To a drumbeat. We're getting our own mini-Macy's

### BLONDE'S EYE VIEW



ANGELA CLARKE

parade. It's *Glee* right on our doorstep. And as if all that wasn't enough they are called "Trojan". They have the same name as condoms. Score!

You have to love a marching band, because they are just so un-British. Our brass bands are made up of portly codgers lolling on collapsible seats under bandstands, blowing dodgy instruments between hacking coughs.

If you offered them a metallic helmet hat with red feathers they'd think it was a fancy new cleaning implement. The USC Trojan Marching Band play Rihanna. Nuff said.

Marching bands are all big and

brash and Hollywood. They are *Miracle On 34th Street* and *American Pie*.

It is my life-long dream to watch a marching band repeat in unison: "One time at band camp..."

How awesome would that be? They are the ultimate entertainment.

I hope they bring the guy who dresses in full Roman/Trojan (it all looks the same to me) costume and marches up and down with a sword. And the flag wavers. I want the whole half time experience. I'm so excited I can't wait!

Hang on, what date are they coming on? I'm in Scotland. Nooooo!

## Reuters' view



The London skyline is seen from the top of the ArcelorMittal Orbit in Stratford

A week  
in photos  
Page 50

**Dinner And A Movie**  
Our new weekly  
competition **P53**

## Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

To ask for an inaccuracy to be corrected, all you have to do is:

**Phone** 020 7293 3681

**Email** newsdesk@wharf.co.uk

**Write** to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

■ The Press Complaints Commission (PCC) is the independent body which governs the newspaper industry. The Code of Practice and details of how to lodge a complaint are available from Halton House, 20/23 High Holborn, EC1N 2JD. Website [www.pcc.org](http://www.pcc.org). uk or email [complaints@pcc.org.uk](mailto:complaints@pcc.org.uk). Telephone 020 7831 0022. Helpline: 0845 600 2757.

## 60 Second Wharf

### Fermenting new plans

Meantime brewery in Greenwich has dramatically increased production and welcomed in the public.

**Pages 4-5**

### Deadline for action

Legacy chief Andrew Altman says he wants people to get into the Olympic Park a year after the Games finish.

**Pages 6-7**

### Bringing the park to life

Victoria Park in Tower Hamlets will become a lively hub to watch the Olympic Games.

**Page 7**

### Summer arts schedule

One day the sun will return and Canary Wharf has a host of events to keep workers entertained.

**Page 45**

### Losing sleep

The majority of children are not getting the recommended amount of sleep – even for an adult.

**Page 46**

### Reid's aiming high

West Ham defender Winston Reid has his sights set on a Premier League slot next season.

**Page 54**



**P46**

## ONLINE

You can follow  
*The Wharf*  
online at our  
website, via  
our Twitter  
feed, on  
Facebook or  
download our  
e-edition at



**wharf.co.uk**



EAST LONDON CHAMBER  
COMMERCE AND INDUSTRY

## WANT TO DO SOME SERIOUS NETWORKING ? JOIN DOCKLANDS BUSINESS CLUB FOR:

- Regular free networking events
- Top flight speakers
- Member to member on line marketing
- Low membership rates for local businesses
- Annual business awards
- Free legal advice

Plus many more events and management support services

FIND OUT MORE:

[www.docklandsbusiness.org.uk](http://www.docklandsbusiness.org.uk)

Phone: 0207 203 1965

Email: [dbc@londonchamber.co.uk](mailto:dbc@londonchamber.co.uk)

DOCKLANDS BUSINESS CLUB  
25 YEARS WORKING FOR  
LOCAL BUSINESS



# Cars fly by but launch date is still a mystery

Rob.Virtue  
@wharf.co.uk

**C**able cars are regularly flying across the Thames as safety testing continues on the next river crossing.

However, Transport for London is still refusing to confirm whether it will be open to the public for the beginning of the Olympics in 10 weeks' time and instead said it was working to a "summer deadline".

So far only one member of staff has ridden in one of the cars, which rise to 90m, and the route is undergoing a six-week testing period with weights on board to simulate people.

Construction work is also taking place on the terminals at Greenwich Peninsula and the Royal Docks.

Mace project director Matthew Randall said: "We're heading in the right direction for the Olympics but there's still some way to go."

The testing is to ensure each cabin can hold at least 750kg (the equivalent of 10 men). Trips to the other side of the Thames will last about five minutes. It will be capable of carrying 2,500 people every hour in each direction.

Details still to be decided include the hours of operation and the price for users.

However, the cable car's operations manager Danny Price said there would be incentives for regular customers and Oyster pay as you go users would receive discounts similar to those on Thames Clippers, which currently offers a 10 per cent reduction. Bikes will also be encouraged on the cable car.

TfL is still waiting to hear if the transport link will receive cash from the European Regional Development Fund to cover the cost of construction. Emirates has already signed a £36million sponsorship deal to pay for 80 per cent of the build. The agreement includes branding the cable car as the Emirates Air Line on the Tube map.

Mr Price said: "The cable car is a unique offering borne out of the need to transport people over the river but it's going to attract another group of people, particularly being so close to



LOUISA EMERY



**W**ill it open for the Games?  
"We're heading in the right direction for the Olympics but there's still some way to go."

The O2 and the Excel. The aim is to get everyone involved in it.

"There are a number of cities who use urban cable cars such as New York and Singapore, which has had an extremely successful cable car since the '70s. It's a unique way to travel."

**Above, cable cars cross the Thames carrying weights to test the safety of the system. Left, the southern terminal**

## Retail

### Liberty will open branch in Stratford

TOP design shop Liberty will open its first satellite store at Westfield Stratford City at the end of the month. The feel of the Regent Street shop will come to The Street – the visitor route to the Olympic Park.

## 999

### PC dies in shooting at police station

A PC who worked at London City Airport has died from gunshot wounds at North Woolwich police station.

The male constable, aged in his 30s, was pronounced dead on Sunday afternoon. Police are not looking for anyone else in relation to the incident.

The victim's family have been informed but he has not yet been named. A report is being prepared for the coroner by officers from the Met's Directorate of Professional Standards.

## Retail

### Exchange opens to meet high demand

CURRENCY firm Ace-FX has opened its second store in Canary Wharf. The bureau de change company already had a shop at Canada Place and has now opened a second outlet at Cabot Place.

# Riverside scheme passed

Rob.Virtue  
@wharf.co.uk

A BLOCK of flats criticised by nearby residents has been approved by Tower Hamlets Council.

Wapping Riverside Limited's proposal is for 51 apartments in Wapping High Street along with 50sq m of commercial space over seven floors, in place of an office block.

In the consultation 41 individuals objected to the plans, mostly citing overdevelopment and loss of privacy

concerns. Petitions against the scheme attracted 55 signatures.

Wapping resident Ben Thompson said: "Frankly, it stinks to high heaven. Local feeling is running very high – especially in the light of the strain the huge new development in Wapping Lane is already placing on limited local amenities."

The new proposal will see a site next to Gun Wharf developed.

The council's development committee, which heard the

proposal was in line with planning guidelines, approved the scheme last Thursday.

Units consist of one and two-bedroom apartments with a small number of three and four-beds. Ten of the 51 units will be for social renting and four will be affordable.

The developer has agreed to a number of financial obligations as part of the deal and will also have to ensure 20 per cent of staff in both construction and the finished phase are from the local community.

## CYPRUS PROPERTY EXHIBITION

Hilton Hotel, Canary Wharf, London E14 9SH

Discounts available on selected properties for the event. Prices starting from just €68,000

Saturday 26th May 2012 from 10.00am to 5.00pm

A great opportunity to meet with developers to discuss new developments and resale opportunities in the beautiful island of Cyprus, with its stunning beaches, ancient historic sites and 340 days sunshine a year.

- Beach front properties
- Private residential resorts
- Golf course residences
- Quality custom villas

We can organise 3 to 4 day duration property visits, and have a special internal financing scheme if required.

**Gascoignes**  
INTERNATIONAL

RSVP to secure your place or for more details call us on +44 (0)207 060 6988 or visit [www.gascoignesinternational.com](http://www.gascoignesinternational.com)

1 Polden House, 201 Marsh Wall, London E14 9YT info@gsacoignesinternational.com



## News

### Relocation

#### Consolidation will clear Wharf floor

LEGAL firm Clifford Chance is looking to save up to £1million a year by moving some of its divisions to the same floor of its Canary Wharf building.

With all the team on the 21st floor of Upper Bank Street, the firm can market the 20th to fresh tenants. The move coincides with the departure of Olympic organiser Locog later this year.

### Charity

#### Hospice seeks to raise awareness

AN event to raise awareness for the Greenwich and Bexley Community Hospice was held at the Old Royal Naval College last week.

Around 50 guests were at the venue for a question and answer session and the screening of a short film. An open day will be held at the hospice in Abbey Wood between 10am and 2pm on June 9.

# We want to grow but stay true to traditions

Meantime is quadrupling production and opening its doors for tours for the first time, writes **Rob Virtue**

**W**alking around the Cutty Sark, sampling pie and mash and straddling the Meridian line at the Royal Observatory have historically been among the top things to do for visitors to Greenwich.

Now there's another activity to add to the list thanks to the Meantime Brewing Company opening its doors and spilling the secrets behind its growing success.

The beer manufacturer, born and bred in Greenwich, has steadily built a sterling reputation across the alcohol world for its high end offerings. Until last week its opera-

tions had been quite modest in scale but on Thursday it officially opened its new brewery, effectively quadrupling production.

A short walk from North Greenwich Tube and the Blackwall Tunnel entrance, the now completed factory includes a visitor centre and a bar, as the brewer allows the public in for tours for the first time.

Meantime Brewery's chief executive Nick Miller says the expansion is a key move for the company.

"Well we won't run out of stock, for one, because that did actually happen last year," said Miller.



"But it's also a real opportunity to educate bar staff and the public."

Full of glistening steel tanks the building on Blackwall Lane has the feel of an alcohol version of *Charlie And The Chocolate Factory* minus the Oompa Loompas.

The £3million investment has been funded by the bank and shareholders and will create the capacity to produce more than 1.5million pints every month.

Founded by Greenwich beer's very own Willy Wonka, brewmaster Alastair Hook, in 2000, the Meantime company's philosophy has always been to fight the corner of the true beer lover and reclaim the drink from the corporate brands that have dominated bars over recent years.

It has succeeded with a growing number of pubs, as well as many high-end restaurants, stocking its offerings, from India Pale Ale to London Porter and the more niche Chocolate Porter and Meantime Raspberry.

Miller explained that despite the expansion the mission statement of the firm – offering alternatives to mass produced homogenous beers – would remain.

"We are Meantime Brewing Company," he said. "It's important to be close to your roots and we will never change the way we brew."

**W** What makes Meantime ales different?

"The firm's mission statement is to offer an alternative to mass produced beer brands."

"The shareholders – well the ones I've spoken to – all understand the craft beer revolution. Sure, some might want you to be massive but we've been clear that what's most important is to change the face of beer in the UK and celebrate what it's historically been about.

"Our five-year business plan certainly doesn't suggest a change and I didn't join here to become a homogenous brand, move out of London and reduce the variety of our offerings."

Miller has been in the industry for 25 years and was previously managing director at Miller Brands. He joined Meantime last August, but said he had been studying the Greenwich-based firm for the past two or three years.

"It's a market driven by variety, taste and flavour. You see it in coffee and you chocolate and now we're doing it with beer."

"I started talking to Meantime in January last year about the switch over and the more I spoke to them the more I saw the opportunities. This is a on a different scale. I know everyone in the company's name. Everyone knows each other."

Tours of the site come in a number of packages and give visitors the chance to see

## Sale saves brand

THE historic name of Aquascutum will live on after administrators sold the business to a Hong Kong enterprise, saved 100 jobs and kept the high street presence.

Canary Wharf has one of just three shop frontages for the brand made famous by its waterproof trench coats.

## Our 2 year tracker mortgage

– with no product fee


**3.09%** **4.0%** **3.9%** APR

tracks 2.59% above the Bank of England Base Rate until 31/07/2014


variable thereafter

is the overall cost for comparison

Our 2 year tracker rate is available for remortgages only. You can borrow up to 60% loan to value. Early repayment charges apply until 31/07/2014.

 Talk to us in branch

 Visit [rbs.co.uk/2](http://rbs.co.uk/2)

 Call us on 0800 529 8944  
(Minicom 0800 404 6160)

YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT  
KEEP UP REPAYMENTS ON YOUR MORTGAGE

  
The Royal Bank of Scotland



## ELEPHANT ROYALE

### Royal Thai Cuisine

SUNDAY BUFFET (NOON - 4PM) £16.50  
3 COURSE SET LUNCH £11.50  
1 COURSE EXPRESS LUNCH £7.50

OPENING TIMES:-

MON - THURS: NOON - 3PM and 5.30PM - 10.30PM

FRI: NOON - 3PM and 5.30PM - 12PM

SATURDAY: NOON - 12PM SUNDAY: NOON - 10.00PM

RIVERFRONT VIEWS

OPEN KITCHEN

LIVE MUSIC (WED - SAT)

POLYNESIAN COCKTAIL BAR

AL FRESCO DINING

PRIVATE CAR PARK

**020 7987 7999**

[WWW.ELEPHANTROYALE.COM](http://WWW.ELEPHANTROYALE.COM)

Locke's Wharf, Westferry Rd,

E14 3WA

DLR - ISLAND GARDENS

Also at Gants Hill - Tel: 020 8550 8886







LOUISA EMERY

the brewing process in detail from the milling to the brewing and fermenting.

At the end of the visit comes the tasting session in the factory's very own bar, decorated with hundreds of beers left to the company by acclaimed late beer writer Michael Jackson. And on the factory floor the company will continue to look at making up weird and wonderful drinks. So what can the beer lover expect next?

"We had a cranberry stout not long ago," said Miller. "We tried to do a mojito beer but it wasn't quite right and we're working on a strawberry beer."

"We get our marketing people and the brewers together and if we think there's a demand for something then we'll go for it." Go to [meantimebrewing.com](http://meantimebrewing.com).



LOUISA EMERY

Nick Miller, CEO of Greenwich's Meantime Brewery, wants to educate the general public about quality beer

## Arrive at the Olympics by canal

TICKETS to travel to the Olympic Park in luxury style have gone on sale this week.

Those who want a more leisurely route can take one of 15 canal boats from Limehouse Marina or Tottenham Hale lock.

The Water Chariots are the brainchild of Peter Coleman who

sees the Olympics as a perfect way to launch a service that, post-Games, will carry people around the capital's inland waterways.

He said: "Our passengers will be the first in history to arrive at a Games by canal boat."

A return is £95 for adults with champagne and music.

**JUST ANNOUNCED!**

**ENJOY STRICTLY IN THE PARK**

**...and much more**

**BOOK YOUR TICKETS TODAY!**

**0844 858 6760**  
SEETICKETS.COM

**0844 847 1661**  
TICKETMASTER.CO.UK

ALL BOOKING CHARGES INCLUDED IN TICKET PRICE  
[www.sainsburys.co.uk/festival](http://www.sainsburys.co.uk/festival)  
f /sainsburys

**Jubilee Family Festival**

**PRESENTED BY Sainsbury's**

**HYDE PARK JUNE 2ND-3RD**  
- JUBILEE BANK HOLIDAY WEEKEND -

**UEFA EURO2012**  
POLAND-UKRAINE

**Carlsberg**

**BOOK AN AREA WITH US AND TAKE ADVANTAGE OF OUR GREAT OFFERS!**

**20% OFF**  
**ALL PRE-ORDER BOTTLED DRINKS & PLATTERS**

MON 11<sup>TH</sup> JUNE FRANCE v ENGLAND 8PM  
FRI 15<sup>TH</sup> JUNE SWEDEN v ENGLAND 7.45PM  
TUES 19<sup>TH</sup> JUNE ENGLAND v UKRAINE 7.45PM

CONTACT EMANUELA FOR RESERVATIONS  
T: 02072 158561 E: CANARYWHARFEVENTS@TCG-UK.COM

**IWM HMS BELFAST**

**JOIN THE ADVENTURE ABOARD HMS BELFAST**

**FAMILY WEEKENDER**  
**26-27 MAY**  
**KIDS GO FREE!**

**ALL ABOARD!**  
**ACTIVITIES, VETERANS, RE-ENACTORS, LIVE MUSIC AND BBQ**  
**2-FOR-1 ADULT TICKETS**

To redeem the offer visit [iwm.org.uk](http://iwm.org.uk) and enter PJZ549 or bring this advert with you on the day. London Bridge

Offer only valid for adult tickets on 26-27 May 2012. T&Cs apply.



## Wharf puts City in the shade

From Page One

The drift eastwards is likely to continue as the City – which still houses more individual banks – continues to shed jobs and diversify and Wood Wharf begins to come online.

According to the FT, there is a clear financial incentive with prime office space costing £36 per sq ft in Canary Wharf, compared with £55 per sq ft in the City.

London Assembly member John Biggs said: "The emergence of Canary Wharf has shaken up the cosy comfort of the City of London and it has reacted by loosening its planning controls and allowing banks to construct better buildings.

"I wouldn't be surprised if they didn't leapfrog each other from time to time. The City won't take this lying down."

The CWG spokesman said: "A growing Canary Wharf is complementary to the City of London. We have helped the Square Mile to retain its place as one of the foremost business districts in the world and we will continue to work together to attract investment and world class companies.

"Of course, Canary Wharf is not just a financial community. We are welcoming an increasingly diverse range of businesses here, including those from the dynamic technology, media and telecommunications sectors."

## A very different breed of games

LEGACY

We're pushing to open park in 2013 to get families in



Andrew Altman: Vision

temporary Olympic venues removed, the park transformed and transferred.

What he's keen to share with us is this: He and his team have taken a decision to set a tough deadline of a year after Games, July 2013, to begin re-opening the park in phases, North Park first.

He says: "Our programme is to get it open as quickly as we can, get it open from North to South, get it open from a year after the Games, from July 2013 till Easter 2014, phased re-opening, get people in the park so they can enjoy it.

"The easy decision would be to say you'll open the park in 2014, give yourself a lot of time, reopen the whole thing, when you've worked everything out but that's not really right.

"People are anxious to get on the park. We want to keep that memory, that excitement alive."

He doesn't want the park to slip from people's minds, become a thing over there to which they're not invited.

"You're not going to have

Giles Broadbent  
@wharf.co.uk

It's pouring down. We're sheltering in a food and drink concession in the shadow of the Orbit. The canvas roof is pounding with rain that puddles at our feet.

Tricky climate then for Andrew Altman to paint a picture of what's to come. Still, he gives it a go.

The chief executive of the London Legacy Development Corporation (a "government in exile") says: "You can imagine people will be able to sit out on the lawn, look at the Orbit, look at the stadium.

"There's going to be a permanent cafe, shop, a restaurant, you'll be able to sit out on the roof but in a public

space. You think about the Serpentine gallery – we should want that in east London.

"In these landscaped rooms that we're going to create, each one is going to be very different – some will have an amphitheatre where there will be small concerts, some will be a kids' play area, one will be a splash pool. We want it to be fun for families."

But that's looking ahead to Easter 2014 when the retrofitting has been complete, the

CANCER RESEARCH UK



SHINE  
London 2012

## It's your time to Shine to beat cancer

Take steps now to help beat all types of cancer.  
Join together with friends and family to raise money at Shine, the night-time walking marathon.

London, Saturday 29 September.

Enter now: [www.shinewalk.org](http://www.shinewalk.org)



THE NIGHT-TIME WALKING MARATHON

Cancer Research UK is a registered charity in England and Wales (1089464) and in Scotland (SC041666).



RESTAURANT

La Vista

Special offer!  
Pizza & 2 Peroni  
£7.95!!

Pizza & Pasta

Come and enjoy a slice  
while taking in one of  
the best views of Canary  
Wharf

Via, West India Quay  
The Port East Building  
E14 4AY  
0207 515 8549  
[Via-events@tcg-uk.com](mailto:Via-events@tcg-uk.com)





the density of people to use the park right away, to make it active and feel alive. So we're going to have to do a lot to get people in here and feel like it's their park."

London Assembly member John Biggs agrees with the concern, if not the length of the entire project.

He said: "I understand they've got to take down a few bridges and structures but there's a risk the Olympic buzz will have

faded away in two years' time. These engineers serve us and people should have a chance to enjoy the park. If the Olympics are to have a legacy, people need access to the park."

If Andrew Altman worries about anything, it is this.

He said: "The first years of the park are key. If it's just a passive park, fine, it's nice, but it won't work."

"We've got to get people into this park. Truthfully, it's going

to be through giving people stuff to do.

"We'll open up the North Park a year after Games, have people come out, have London's greatest picnic which will happen over that summer."

"The North Park is like a river valley. Quiet, beautifully landscaped, a place where people can sit out, have a picnic, kick a ball about."

If it's not raining.

East Village / Page 14

An artist's impression of the South Park, looking northwards, giving an indication of how the Queen Elizabeth Olympic Park will operate from 2014

## Park to host free festival

VICTORIA Park in Tower Hamlets will be at the heart of free celebrations for London 2012, giving people without a ticket a chance to sample the atmosphere of the Olympic Games.

Large screens will convey the action in real-time while have-a-go sports arenas, zip-wires, zorbing, a 55m Observation Wheel, live music and bars will provide entertainment from 11am to late every day.

There are three BT London Live sites - Victoria Park and Hyde Park, which

will feature a concert by Tom Jones on July 28. For the Paralympic Games, the action moves to Trafalgar Square.

Olympian Dame Kelly Holmes said at the official launch on Tuesday: "We all want to be part of this extraordinary occasion. I've been to four Olympic Games and I have never seen anything like this happening."

"There's never been presence for everyday people to feel part of those Games. These sites are going to allow that to happen."

**SEE WAR HORSE GALLOP IN THE PARK ...and much more**

**BOOK YOUR TICKETS TODAY!**

**0844 858 6760**  
SEETICKETS.COM

**0844 847 1661**  
TICKETMASTER.CO.UK

ALL BOOKING CHARGES INCLUDED IN TICKET PRICE  
[www.sainsburys.co.uk/festival](http://www.sainsburys.co.uk/festival)

**Jubilee Family Festival**

PRESENTED BY **Sainsbury's**

**HYDE PARK JUNE 2ND - 3RD**  
- JUBILEE BANK HOLIDAY WEEKEND -

[f /sainsburys](https://www.facebook.com/sainsburys)

## EXCHANGE TOWER



## INTRODUCING THE NEW LOOK EXCHANGE TOWER

GRADE A OFFICE SPACE WITH FLEXIBLE FLOOR PLATES  
AVAILABLE IN UNITS FROM 1,000 TO 30,400 SQ FT



**CBRE**  
020 7182 2000  
[www.cbre.co.uk](http://www.cbre.co.uk)

**Cherryman**  
0207 40 400 40  
[www.cherryman.co.uk](http://www.cherryman.co.uk)



[WWW.EXCHANGE-TOWER.CO.UK](http://WWW.EXCHANGE-TOWER.CO.UK)



# Digest

## Olympics

### Stadium proposals deadline extended

**1** THE process to take over the Olympic Stadium has been extended by eight weeks to give bidders extra time to submit their proposals.

Andrew Altman, chief executive of the London Legacy Development Corporation, which is running the tendering, said: "We have been very encouraged by the quality of the bids so far. However, a number of issues have arisen during the process and we believe it is sensible to give everyone more time so they can be addressed."

West Ham remain favourites to take over the stadium.

## Campaign

### CWG investigates alternative route

**2** CANARY Wharf Group is in discussions with a campaign group for an alternative route through Westferry following the closure of a much used riverside walkway.

The company had to close the path alongside the JP Morgan-owned construction site in order to carry out works to strengthen the riverbank wall. It's likely to remain closed for around 18 months.

Leader of the campaigners Prof Ed Berman said: "They've given us assurances they will put in an alternative route for pedestrians that would not take people through the Canary Wharf estate just to get to the river bus pier."



## Venues

### Ex-studio converted to show movies

**3** A STRATFORD site scheduled for demolition has been turned into a cinema.

Sugarhouse Studios in the High Street was formerly a sign-writers' workshop but will now showcase independent movies and host a Sunday supper club.

The London Legacy Development Corporation gave a grant of £49,000 to Assemble,

a community interest company made up of artists, architects and designers, to transform the building next to Three Mills Island.

A team of 100 volunteers handmade 50 seats and constructed a bar and cafe area in half of the site. The other half will house Assemble's workshop and offer an event space for up to 200 people.

Go to [sugarhousestudios.co.uk](http://sugarhousestudios.co.uk).

## Education

### Plans for a new London campus

**4** THE University of Sunderland has unveiled plans to launch a London campus in Canary Wharf to recruit more international students.

Prof Peter Fidler, vice-chancellor of the University of Sunderland, pictured, said: "The new University of Sunderland London Campus will open up a range of new opportunities."

"Having a physical presence in the capital, especially in such an important area, will also raise the profile of Sunderland as a city, as well as the wider region."



## Olympics

### Sponsors offering charities advice

**5** CHARITIES in Newham and Tower Hamlets are receiving business skills from Olympic sponsors.

The mentoring of nine charities, including Alcohol Concern Tower Hamlets and Home-Start Newham, aims to make their operations more sustainable.

The project has seen a 60 per cent increase in the number of people helped by Aanchal Women's Aid in Newham, a charity that supports Asian women and children who are survivors of domestic abuse.

## POLITICAL NOTES&VIEWS

With John Biggs

London Assembly Member, City & East



**A**s is traditional, I should start by thanking all of those who voted for me on May 3. And, for me, it was a resounding result, with more than six out of 10 voters supporting me. I must be doing something right! I am grateful and greatly flattered.

But enough of the boasting. There are hard lessons. I won in east London, as a Labour candidate, and the Tory Party was clearly rejected here. However, Boris Johnson won narrowly across London as a Tory. Does this mean we have a divided city? Is this a problem?

I remain a strong supporter of Canary Wharf, and so are most of my constituents. But the election told me that we are, for many, becoming two cities again, with a large number of Londoners feeling left behind.

Canary Wharf, for many of them, and the success and wealth it represents, might as well be on the far side of the moon. When the economy was booming and jobs were plenty, this was not such a big deal. But unemployment always seems to hit the east harder.

My constituents voted for me to support them but they also need serious support from our mayor and our government – even if they didn't vote for them – to tackle those problems. Someone said: "We are all in this together." Proof is now needed, from our government and mayor.

**“**Job losses always seem to hit the East harder

# BODY REFORM

Personal Training

## No Joining Fee No Membership Fee JUST RESULTS!



**This Time It's Personal!**

**Launch Party - Thursday 24th May, 5.30pm**

Invites available from:

[info@bodyreformpt.co.uk](mailto:info@bodyreformpt.co.uk) | [www.bodyreformpt.co.uk](http://www.bodyreformpt.co.uk)

**02032002084**



Official PT studio show site



Find us above Tesco's  
opp Pure Sports Med  
Level 2, Cabot Place West



# CELEBRATE YOUR NEW LOCAL DUBLIN CONNECTION

SEATS FROM  
**£25.99**  
ONE WAY  
INCL. TAXES  
& CHARGES

Fly Aer Lingus Regional to Ireland

London Southend to:

# Dublin

book now at  
**aerlingus.com**



**Aer Lingus**  **Regional**  
Great Care. Great Fare.  
Operated by Aer Arann

## SPECIAL FEATURE

In association with The National Lottery

# 18 New UK Millionaires Will Be Made This Friday – Guaranteed



## More Millionaires Than Ever

The National Lottery is having another millionaire-making frenzy this Friday. We're guaranteeing to create 18 millionaires all in one night and all here in the UK.

EuroMillions Millionaire Raffle makes a millionaire every Tuesday and Friday – so if you have a EuroMillions ticket you are in with a chance of becoming an overnight millionaire. This Friday is a little different as rather than just one, 18 lucky players will be walking away with a giant cheque.

The lucky 18 will join the exclusive National Lottery millionaires' club which is already over 2,800 strong. Remember every player helps to raise money for National Lottery Good Causes, over £30 million every week, helping to fund over 370,000 grants for projects big and small.

A National Lottery spokesperson said, "This is going to be a very special Friday for 18 lucky players. They will become overnight millionaires and join our exclusive club of big winners. Fingers crossed it could be your lucky day."

The biggest Raffle in Britain is back. This Friday, 18 May, there will be 18 new millionaires made here in the UK. Not content with making a UK millionaire every Tuesday and Friday, EuroMillions Millionaire Raffle is having this very special draw. Just get a EuroMillions ticket and you could be toasting overnight success.



**My Name is Hector Riva!**  
Hector Riva is ready to welcome the new overnight millionaires to his world!

## Remember to Check your Tickets

To find out if you are a Millionaire Raffle winner, or to check if you've banked the massive multi-million pound EuroMillions jackpot, check the results show on BBC One, visit [www.national-lottery.co.uk](http://www.national-lottery.co.uk), call 0845 910 0000, download the National Lottery Official App for iPhone® from the App Store or visit any National Lottery retailer.

**Join us on Facebook**  
[www.facebook.com/TheNationalLotteryUK](http://www.facebook.com/TheNationalLotteryUK) - you can get all the latest National Lottery news, pictures and enter exclusive competitions.

**Are you on Twitter?**  
Follow us:  
[www.twitter.com/tnluk](http://www.twitter.com/tnluk)

## How to play and win on EuroMillions Millionaire Raffle

To be in with a chance of being one of the 18 millionaires all you have to do is pick up a EuroMillions ticket.

- 1 Play EuroMillions, which is £2, by picking your five main numbers and two Lucky Star numbers - or just ask for a EuroMillions Lucky Dip®.**
- 2 At the bottom of your ticket you'll find a unique Millionaire Raffle Selection, made up of three letters and six numbers. There will be one for every EuroMillions line you buy.**
- 3 If your selection matches with the selection drawn – you're a millionaire.**



National Lottery Games Rules and Procedures apply. You must be 16 or over to play or claim a prize. Apple, the Apple logo, iPhone® and iPod touch® are trademarks of Apple Inc., registered in the U.S. and other countries. iPad™ is a trademark of Apple Inc. App Store is a service mark of Apple Inc.





**Volunteers from Bank of America picked up paint pots help out the Kipper Project, a homelessness charity based in Tower Hamlets. The event was organised by the East London Business Alliance**

**Rob.Virtue**  
@wharf.co.uk

"This is a once in a lifetime opportunity for residents to see the world's greatest athletes battle it out for the ultimate title," he said.

But after the latest

Go to [my.towerhamlets.gov.uk](http://my.towerhamlets.gov.uk).

**£42k**  
Council  
cash spent  
on buying  
Olympic  
tickets

To register visit [www.cassmba.com](http://www.cassmba.com)

[www.cassmba.com](http://www.cassmba.com)



## What's On / Page 45

**MCM LONDON COMIC CON**  
25-27 MAY 2012 - EXCEL - LONDON



MOVIES - VIDEO GAMES - COMICS - ANIME - COSPLAY - MANGA



CRYSTAL SEYCHELLE SARAH PASCALE  
BEED GABRIEL CARTER HUTTON

**WWW.MCMEXPO.NET - FOLLOW US @ MCMEXPO**

**KIDS  
GO FREE**

**EXCEL**  
LONDON  
An ADMEC Group Company



FROM THE CREATORS OF **DESPICABLE ME**



OFFICIAL SPONSOR



**MEET THE ORIGINAL FORCE OF NATURE**

IN CINEMAS JULY 27

WWW.DRAXTHERMONE.CO.UK  
WWW.ANCRON.CO.UK 744 06 83













\*Kids Go Free: up to 2 kids 12 & under per free entry once accompanied by a paying adult. Only applies to general entry line. If applicable, does not apply to early entry. Guests appear subject to work commitments.

# waterfront studios LTD

## BUSINESS CENTRE

**Offices to Let from £23 sq/ft**  
**Meeting and Training Rooms from £20 per hour**

24 hour access • Flexible terms • Competitively priced • Managed office space • Business support



Waterfront Studios, 1 Dock Road, London, E16 1AG  
 Tel: 020 7476 9707 - [info@waterfrontstudios.biz](mailto:info@waterfrontstudios.biz)  
[www.waterfrontstudios.biz](http://www.waterfrontstudios.biz)

**Tel: 020 7476 9707**  
**[www.waterfrontstudios.biz](http://www.waterfrontstudios.biz)**

**Win tooth whitening / P48**

## News

### Regatta gets children hoisting sails together

SAILING is being used as a tool for getting able and disabled children working together.

The Tideway Sailability Centre put forward the idea for the class in the London Youth Games Sailing Regatta is due to be held at Victoria Dock next to Excel next month. Specially adapted equipment will be loaned to other London boroughs to allow 26 children to take part, and throughout each weekend in May will train them at its centre in Greenland Dock, Southwark.

Commodore Antony Eaves said: "We've got an ethos of inclusion so people with disabilities can take part in sailing. I started campaigning to get this class of boat in the regatta. Southwark Council backed us and got the Games organisers to get this boat in the event.

"Boats are two-seater. Each boat must have a minimum of one person with a disability and this enables, say, the guy who plays football to work with a guy in a wheelchair and develop a mutual respect."

The centre has 12 boats and is hiring an extra one so all 13 boroughs interested in the June 9 event to take part.

Commodore Eaves said: "We hope the other boroughs will enjoy using the boats so they will apply for grants to buy the children some of their own."

Children wanting to participate in the regatta and the training days must be aged nine to 17.

*Go to [tidewaysailability.org](http://tidewaysailability.org).*

**Rob Virtue**

**Family page / Page 46**



**Boats at the Tideway Sailability Centre at Greenland Dock**

## Business

### Deadline looming for business awards

BUSINESSES have less than two weeks left to apply for this year's Dragon Awards.

The City of London Corporation event recognises companies' work in corporate community involvement. The ceremony will be held in October. *Go to [dragonawards.org.uk](http://dragonawards.org.uk) and register by May 28.*

## Event

### Naval college to stage Jubilee party

THE Old Royal Naval College is holding a giant Jubilee party with free live entertainment, drop-in workshops and global and local food stalls.

A table seating up to 800 people at a time will be set up and 8,000 visitors are expected to attend the event on June 3. *Go to [ornc.org](http://ornc.org) for details.*

## Crime

### Stratford dispersal zone introduced

STRICT measures including a dispersal zone have been introduced in Stratford to crack down on anti-social behaviour.

Newham Police and the borough's council brought in the three month initiative last week, meaning people loitering in the town centre will be moved on.

■ full range of NHS and private dental treatments available ■ visit [www.smileimpressions.com](http://www.smileimpressions.com) for more information ■



Docklands ■ Dental  
 ■ Referral ■ Centre ■



**We are accepting all NEW patients everyday until 31st May 2012**

New NHS charges as of the 1st of April are:  
 Band 1 £17.50 Band 2 £48.00 Band 3 £209.00

Call **020 7538 9990**

or email **[info@alignandsmile.co.uk](mailto:info@alignandsmile.co.uk)**  
 to book an appointment

**NHS New Patients Welcome**

**6 New Providence Wharf**  
**Blackwall Way, London E14 9PA**  
**020 7538 9990**

- NHS & private check-ups and treatment
- Painless care and painless prices
- Cosmetic dentistry (invisible braces and smile makeovers)
- Facial aesthetics (lip plumping and wrinkle relaxation)
- Hygienist & preventative care
- Implants & all aspects of advanced dentistry



# What's on

## New programme of summer arts events

Old favourites are set to return to Canary Wharf, along with some fresh delights

**Rob.Virtue**  
@wharf.co.uk

A summer of events has been announced by Canary Wharf Group including a return of the jazz festival and the arrival of an American marching band in Canada Square Park.

This year's shows kicked off with Viva La Dance! Salsa Night and The Brand New Heavies at the East Wintergarden during March but now the focus turns to the outdoor green and stage:

■ Hailing from the University of Southern California, the USC Trojan Marching Band will play the first date of its London tour at Canada Square Park tonight (Thursday). The 80-strong troupe has appeared in four Olympic opening ceremonies, as well as performing with Thom Yorke and Fleetwood Mac.

■ Returning for its 11th year between June 28 and 30, the Greenwich And Docklands International Festival's *Dancing City* event will feature UK and international dance companies at Cabot Square and other Canary Wharf sites.

■ *Golden Street Pianos* will feature a total of 50 pianos dotted around London from June 24 to July 13 – three in Canary Wharf – allowing the public to sit down and play for free.



*Twilight Delights* are free evening concerts to be staged in July and August

■ *The City Of London Festival At Canary Wharf* begins on July 13 with a free concert by the mighty Jazz Jamaica. July 14 is a Bastille Day celebration with French pop, folk and jazz acts, while July 15's concert features Afro-Brazilian rhythms, '60s soul and breakdancing.

■ Canada Square Park will then host a *BP Summer Big Screens Live From The Royal Opera House* night on July 16 when a screening of *Metamorphosis: Titan 2012* will take place.

■ Throughout July and August the park will stage a series of *Twilight Delights* – live evening shows including the Royal Philharmonic Concert Orchestra. Other highlights include West End musicals and celebrations of the music of Michael Jackson, Frank Sinatra and Elvis Presley.

■ This year's *Canary Wharf Jazz Festival* boasts a spectacular three day line-up at Canada Square Park with the likes of Courtney Pine, The Herbaliser, Ruby Turner, Pee Wee Ellis, Kit Downes and the Jay Phelps Big Band taking to the stage.

CWG's arts and events manager Sian Astrop said: "We are proud to contribute towards London's status as the best cultural city in the world.

"Our collaboration with some of the best arts organisations within London such as the Royal Opera House, *City Of London Festival* and *Greenwich and Docklands International Festival* cements our cultural programme further and enhances Canary Wharf's reputation as a great place to visit and enjoy."

Go to [canarywharf.com](http://canarywharf.com).

### GIG

**Jay Z & Kanye West**

The O2 arena



Expect the Jubilee line to have a meltdown in the next few days as two kings of the rap and R'n'B world are here for to wow the crowds at The O2.

Extra shows were put on for the duo who are touring following their joint album *Watch The Throne* and some tickets somewhere high above the stage still remain.

The longtime friends have guested at each other's gigs before but this is the first time they have toured Europe together, following North American dates at the end of 2011.

■ May 18-22, 6.45pm, from £44.75, [ticketmaster.co.uk](http://ticketmaster.co.uk).

### STAGE

**Macbeth**

Greenwich Theatre



This fresh production of the Scottish play promises a slick blend of original music and gothic design with the intention of delivering easy access for those new to the work.

Expect a gory, visceral bloodbath from Icarus Theatre Collective as Macbeth's lust for power sees him ferociously usurp the king and seize power for himself.

This production will only be in London for three nights before heading to Germany to open the 2012 Shakespeare Festival at The Globe.

■ May 21-23, £17.50 (£12.50), [greenwichtheatre.org.uk](http://greenwichtheatre.org.uk).

### GIG

**The Christians**

Boisdale Canary Wharf



A treat is in store for Canary Wharf music lovers when The Christians come to Boisdale for their only UK show in 2012.

The soul group with punk and rock influences, made up of Garry and Russell Christian and Henry Priestman, hail from Liverpool and had three hit singles in the '80s, with their eponymous debut album reaching number two in the charts and selling more than a million copies.

The band temporarily split in 1995 when Garry went solo but are now celebrating their 25th anniversary.

■ May 19, 9.30pm, from £20, [boisdale.co.uk](http://boisdale.co.uk).

### SCREEN



GETTY

**Two Days In New York**  
(15) 96mins

★★★★☆

■ In this witty sort-of threequel, we pick up again with Marion (Julie Delpy), now living in New York City with her boyfriend Mingus (Chris Rock). When her family descend upon them for an overseas visit, it initiates two unforgettable days of mayhem.

**The Dictator**  
(15) 84mins

★★★★☆

■ Sacha Baron Cohen dispenses with the faux-documentaries but still looks to outrage with his fictional creation of General Aladeen, who comes from the same mould as Saddam and Gaddafi.

The dictator risks his life to ensure democracy will never come to the country he has so lovingly oppressed, along the way making some satirical points about the state of politics in the US.

WIN dinner and a movie with our new competition / Page 53

**The Raid**  
(18) 101mins

★★★★☆

■ Deep in the heart of Jakarta's slums lies an impenetrable safe house for the world's most dangerous killers and gangsters. An elite SWAT team is tasked with taking down the drug lord who runs it and the violent action that follows is breathtaking.

## Occasional habit getting out of control?

When an occasional habit gets out of control it can quickly become an addiction. It can wreck your life and the lives of those around you – but fortunately addictions can be treated.

Addictions patients who completed The Priory's 28 day programme had a **98% chance\*** of showing improvement in their mental health and social functioning.\*\*



Contact The Priory today to speak to an adviser or to arrange a confidential, **free addictions assessment**.

You've come this far, don't back out now.



Scan with a QR reader for a direct link to our website

**Tel: 0845 2 774679**

Email: [info@priorygroup.com](mailto:info@priorygroup.com)

[www.priorygroup.com/addictions](http://www.priorygroup.com/addictions)

The Priory Hospital Roehampton  
Priory Lane, Roehampton, London, SW15 5JJ

The Priory Hospital North London  
Grovelands House, The Bourne, Southgate  
London, N14 6RA

\* Based on a sample of all patients during 2010/11 with completed HoNOS data.

\*\* Improvements as measured by The Health of the Nation Outcome Scales (HoNOS). HoNOS is the most widely used routine clinical outcome measure used by English mental health services and is also used in services around the world. It is a highly validated tool for the measurement of mental health and social functioning and provides insight for patients and clinicians into their progress against planned goals. Improvement is defined as a decrease in total HoNOS score over the course of an episode of care. Health of the Nation Outcome Scales (HoNOS) © Royal College of Psychiatrists 1996.

**PRIORY**

# Family

## WORKING MUM

By Tabitha Ronson

The first blush of a youthful attraction

He's just four years old but already Master A has got a "type".

Forget blondes; move over red heads, Master A has got an eye for brunettes.

I was flicking through a glossy when – kaboom! – Master A had catapulted himself beside me to peruse the magazine.

With each turn of the page, I had a running commentary on who he thought was "pretty like a princess" and who was not.

Angelina Jolie? Yes! Jennifer Aniston? No! Mollie King? No! The Duchess of Cambridge? Yes! Gwyneth Paltrow? No! Salma Hayek? Yes! Forget your girl-next-door types, the pretty misses; Master A appreciates beauty, the striking variety.

On Sunday, we were at yet another birthday party. While most of the boys were busy play fighting on the lawn or fishing out newts from the pond, Master A was playing hide and seek with

the girls. One in particular seemed to be like the flame to his moth; a willowy, long-haired brunette named Talia. A gorgeous little girl with a very sweet disposition, she's exactly the kind of date I would welcome with open arms in around 14 years' time. At four I'm not so sure.

I've heard Master A mention Talia a few times but I had not realised how much of a soft spot he had for her – and vice versa.

At the party, they were like a mini version of Brad and Ange; the pair of them caught up in their own little world, oblivious to everyone around them.

At one point they went over to join the boys for a game of chase only to be told by one rather misogynist member of the posse "girls can't play".

Defending his lady, Master A gallantly challenged him, insisting that Talia "was not a normal girl" and that therefore she could be included.

With the party over, honours defended, a cuddle and peck on the cheek from his Little Miss rewarded Master A.

He stood rooted to the spot, a tinge of red across his face. Then he came sheepishly over to me and whispered: "It's alright, Mummy, I still love you the most."

*Working mum bracing herself for the tough years ahead.*

# Why bed is besieged by digital distractions

## WELFARE

Most children don't get recommended sleep allowance as computers chip in

Giles Broadbent  
@wharf.co.uk

Joshua is six. He has an older brother who shares his bedroom although sometimes Joshua slips out and bunks in with his parents.

His older brother, Will, would play video games late into the evening and sometimes Joshua would join in, even though Will was discouraged. Then there was the TV and Will's mobile phone, another distraction that kept Joshua unsettled until about midnight.

In the morning, Joshua would be tired and grumpy and at school he would be irritable and tearful.

Joshua's not alone. A new survey has revealed that up to 74 per cent of children are getting less sleep than the amount recommended for adults.

According to the Travelodge Child Sleep study, traditional bedtime rituals have fallen foul of the digital age. Children are falling asleep to TV shows, computer games or DVDs. More than half (56 per cent) said they stayed up late playing computer games, browsing the internet, texting their friends and watching television.

The study, based on the sleep patterns of more than 2,000 children aged between six and 15 years, revealed the average child does not go to bed until 11.20pm.

Sleep deprivation is affecting children's ability to learn and develop, with 79 per cent saying they find it difficult to concentrate at school. Eight out of ten (82 per cent) of children who took part in the study reported



Computers and TV are turning children into zombies, says a survey

## Sleeping factfile

### How much sleep?

2 to 3 years: 10.5 to 12.5 hours  
4 to 5 years: 12 hours  
6 years: 11.5 hours  
7 to 11 years: 9.5 to 11.5 hours

### Tips and techniques

1. Establish a regular time for bed each night and do not vary it.
2. Create a relaxing bedtime routine, give your child a warm bath or shower.
3. Make bedtime fun – read your child a story.
4. Do not give your child any food or drinks with caffeine before bedtime.

5. Avoid giving your child a large meal before bedtime.
6. Make after dinner playtime a relaxing time as too much activity close to bedtime can keep children awake.
7. Exercise should be included in your child's day.
8. There should be no TV or music playing while your child is going to sleep.
9. Ensure the temperature in the bedroom is comfortable.
10. Make sure the noise level in the house is low.



extreme daytime tiredness and over a quarter (26 per cent) admitted to falling asleep in class at least once a week.

Dr Pat Spungin, child psychologist and family life specialist, said: "There is very little information available

to parents about the importance of a good night's sleep.

"Parents should be concerned about the effects of sleep deprivation on their children, as lack of sleep has a negative effect on a child's mood, concentration and attention. Research

## BEDTIME APPS



**Nighty Night**  
£1.99, iPhone and iPad  
An interactive bedtime app in which children put animals to bed, encouraging them to grow sleepy.

**AmbiScience Lullaby**  
69p, iPhone and Android  
Ambient electronica and changing frequencies attune your child's brain to the desired state of mind for sleep.



**White Noise Baby**  
69p, iPhone  
Selection of white noise – plus rattle and baby monitor feature.



also shows that children who are sleep deprived do less well academically, show more problem behaviour and have lower levels of social skills.

"Scientific evidence shows that adequate night-time sleep is just as important as healthy eating and regular exercise for children to develop.

"With lack of sleep linked to poor academic performance, behavioural problems and obesity, these research findings are alarming."

As for Joshua, he developed a "late sleep phase problem" that required intervention. Experts came up with a programme to realign his sleeping habits.

He was allowed to go to bed at whatever time he was dog tired, ensuring he fell asleep within 15 minutes of his head hitting the pillow.

His bedtime was then gradually shifted forward, giving his body clock time to adjust with his parents making sure a relaxing bedtime routine was in place. Within two months he was asleep by 8.30pm

## EVENT

### Buggy push to help charity Bliss

★ Sports journalist Amanda Davies suffered complications when she gave birth to Molly at 31 weeks. At 3lbs 10oz, Molly was whisked away to intensive care while Amanda herself ended up in a high dependency unit needing a blood transfusion.

Molly is now three and healthy but Amanda hasn't forgotten the work of special care baby charity Bliss, which is why she's backing next month's 5k Buggy Push at Brockwell Park in Lambeth.



Amanda Davies and Molly

Amanda said: "We experienced firsthand the incredible work that Bliss does – and the Buggy Push is a great way to get out there, get fit, and raise some money for this wonderful cause. And all mummies can rest assured –

compared to labour – this push really will be a walk in the park." Go to [bliss.org.uk/buggypush](http://bliss.org.uk/buggypush) for details of how to enter the June 16 event.

## EVENT

### Grappling with nature hands-on

★ For young worm charmers, beetle wranglers, bug hoteliers and mucky fingered nettle huggers, the Natural History Museum will be the place to be later this month.

The annual free Big Nature Day will take place in the grounds of the grand museum in South

Kensington featuring 52 nature groups offering hands-on experience of the outdoor life, including making bird boxes, examining bat sonograms and enjoying an insect parade. Go to [nhm.cac.uk/bignature](http://nhm.cac.uk/bignature).

## POLITICS

### Family Bill 'may not be enough'

★ National charity 4Children says measures in the Children and Families Bill in the Queen's Speech may not go far enough.

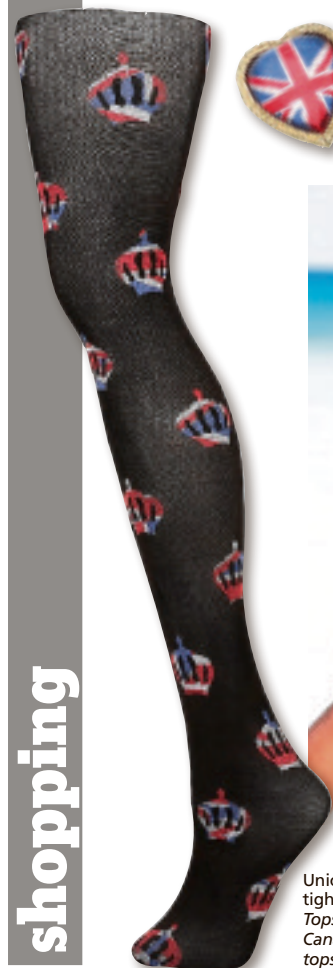
"They will not help families put food on the table, or heat the house," said CEO Anne Longfield.



## Life

## ROYAL list

Whether the sun sparkles off the river or the heavens open, the Queen's Diamond Jubilee is a great excuse to hit the shops



Union Jack heart studs, £4  
Accessorize  
Canada Place Mall  
accessorize.co.uk



Joules Union Jack Wellies, £38  
Topshop  
Canada Place Mall  
topshop.com



Cowl back sequin dress, £48  
Next  
Canada Place Mall  
next.co.uk



Union Jack crown tights, £15  
Topshop  
Canada Place Mall  
topshop.com

Jubilee merchandise, from £5  
Sainsbury's  
Bugsby's Way,  
Greenwich  
sainsbury.co.uk

shopping

## WIN+TRY

Gym membership and personal training for two at LA fitness



★ With 80 gyms nationwide, each with the latest Technogym cardio and resistance gym equipment, around 60 free studio classes a week and sparkling clean swimming pools, LA fitness has all you need to get in shape this summer.

The Wharf has teamed up with the company to offer one lucky reader six personal training sessions for them and a friend, plus six weeks' full LA fitness gym membership – everything you need to get your body ready for summer.

For a chance to win just answer this simple question: How many gyms does LA fitness operate nationwide?

- a. 18
- b. 38
- c. 80

To enter go to [wharf.co.uk](http://wharf.co.uk) and click the competitions link. You will need the code **TW010**.

The closing date is Wednesday, May 23, and entrants must include their name, postal address and a contact telephone number along with their entry. There is no cash alternative to this prize and the editor's decision is final.

WHARF readers can try out the great facilities at LA fitness and get expert advice from friendly, fully-qualified staff for FREE with a complimentary five-day gym membership for all new gym subscribers.

To get your pass, simply download the code at [lafitness.co.uk/wharf](http://lafitness.co.uk/wharf).

Terms and conditions:

- Offer subject to availability.
- LA fitness reserves the right to end this promotion at any time.
- Only one five-day pass per person.
- The five days must be taken consecutively.
- Over-18s only.
- No cash alternative.
- Offer excludes paid-for activities.
- Offer only available to new customers of LA fitness.
- Classes must be booked in advance.

For more terms and conditions go to [lafitness.co.uk/terms](http://lafitness.co.uk/terms).

## Q&amp;A

I've been going to the gym regularly. Why can't I get my stomach fat to budge?

You say you've been hitting the gym but don't mention your diet. Contrary to popular opinion, body fat (tummy fat in particular) doesn't really respond to exercise like crunches.

These will strengthen the muscles underneath your "tummy" but to shift any extra rolls you need to pay careful attention to what you're eating and do plenty of high intensity aerobic exercise. Cut out high calorie, processed food and empty alcohol calories – you may well notice that tummy and hip area shrinks pretty much overnight.



## FITNESS WITH LAURA WILLIAMS

## Get the look: Scarlett Johansson

The curvy star's back in her ass-kicking Black Widow role in *The Avengers*, and it took a lot of hard work.

**How he does it:** To the delight of her trainer, when Scarlett started filming *The Avengers* she was already on a healthy eating regime that he describes as "mostly vegan" – she was eating lots of oatmeal, fresh fruit and veg, salads and lean protein.

As for the exercise, together they worked on 90-minute circuit workouts four or five times a week, in order to get the actress ready for those explosive movements in the film.

Her trainer varied the equipment they used from dumbbells and

## »Tip of the week

**Make your lunch filling – and waistline friendly too:** Don't waste calories on empty extras like mayonnaise, grab a protein punch instead. Lentils, tuna, egg and green beans will leave you feeling full all afternoon.

resistance bands through to medicine balls and the popular TRX suspension system.

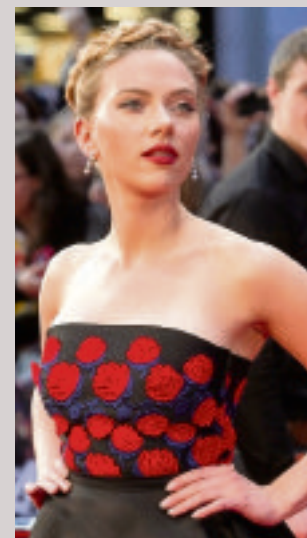
Scarlett's workouts were built

around high repetition sets of 25-30 reps of each exercise.

**You can too:** It's no wonder circuit training is so popular in Hollywood – it makes for a high intensity workout that raises metabolic rate, conditions muscles and improves stamina, all essential for playing a super hero.

You can easily devise your own circuit to do in the gym and while traditional moves such as squats and push ups are great, combining two moves in one is time-efficient and higher intensity too.

Think lunge with bicep curl, leg lower with a reverse curl, hamstring curl with reverse fly and so on. These moves help to keep boredom at bay as well as blitzing every last muscle group.



Go to Laura's website at [laurawilliamsonline.co.uk](http://laurawilliamsonline.co.uk), email questions to [laura@laurawilliamsonline.co.uk](mailto:laura@laurawilliamsonline.co.uk) or follow @laurafitness on Twitter

# Food

**MORE  
REVIEWS  
ONLINE**  
wharf.co.uk

## OFFER

### Two for one marks vegetarian week

SO often on the receiving end of a raw deal things are looking up for vegetarians.

Meat-free fans are being invited to Giraffe in Blackheath, Westfield Stratford City and Spitalfields for an offer entitling them to two vegetarian meals for the price of one.

Mains include the falafel deluxe burger and a vegetable burrito.

The offer runs between May 21 and 25 and coincides with National Vegetarian Week.

Print off the voucher at [giraffe.net/classic/promotion](http://giraffe.net/classic/promotion).

## CHARITY

### Browns donates cash to NSPCC

BROWNS Bar and Brasserie on West India Quay has launched its summer menu and are enticing Wharfers to sample their fare with the promise of a donation to charity.

Until the end of May, for every two courses customers select from the menu, Browns will donate £1 to children's charity NSPCC.

Nationally, the chain is aiming to raise £10,000.

Dishes include roast duck breast and wild boar burger alongside classics such as fish and chips.

Go to [browns-restaurants.com](http://browns-restaurants.com).

# La Vista has found its niche at long last

## REVIEW

**La Vista at Via**  
West India Quay

**T**here are few venues as inspiring and steeped in history around Canary Wharf as the restaurant space upstairs at Via, yet the food in this restaurant, known as La Vista, has usually struggled to complement its surroundings.

Just as the bar has had difficulty competing with the neighbouring Henry's (formerly Bar38) as a party bar, similarly, its food has sometimes struggled to keep up with Browns the other side of the wall on the West India Quay strip.

The problem for La Vista is that, aside from the stunning historic architecture and cosy feel, and

**£8**

All you'll need for two beers and a pizza



despite the many relaunches over the years, it has never managed to find a niche. It's tried to offer a varied fine dining menu without having the expertise to serve consistent quality dishes.

So with single eyebrow raised in suspicion we returned for the latest reopening.

Work on the interior seems minimal – although it's a long time since we've been here – but check tablecloths subtly brighten the grand room and give a glimpse of the Italian pizzeria feel to come.

The menu is equally minimal. Starters include four choices and main courses consist of a quartet of pizzas and the same number of pasta dishes.

Rather than being a disappointment it suggests something lacking in the past has arrived – self awareness. In culinary terrain as competitive as the Wharf, La Vista has finally resisted the challenge of taking on the likes of Plateau or Amerigo Vespucci and has gone for simplicity. In that simplicity it's hit the perfect note.

The starters, of olives and cherry peppers (£2.75) and a tray of fresh bread with hummus and oils (£3.75) were delicious and excellent value.

Check tablecloths subtly brighten the grand room

**W** What types are likely to dine here?

Those looking for a good offer or for quality food at competitive prices in a cosy environment amid historic architecture will not be disappointed.

The peppers, stuffed with soft cheese were especially notable, sweet and packing a punch.

We then went for the pizzas (£7.95 each), which were superb, rivalling anywhere else on the Wharf for quality.

Both came with a thick doughy base, generous toppings and crusts stuffed with tasty tomato and they were perfectly cooked and satisfyingly filling, with the pepperoni edging the inferno chilli and spicy beef.

Good quality food and competitive prices, as well as a current offer of two beers and a pizza for less than £8, means La Vista has finally become a very viable option for a great lunch on the Wharf.

**Rob Virtue**  
2 The Port East Building, 18 Hertsmere Road, West India Quay, E14 4AY, 020 7515 8549, [viabars.co.uk](http://viabars.co.uk)

## Our verdict

After years of trying, La Vista has finally hit on a winning formula

★★★★☆

# WIN

a treatment to whiten your teeth by up to 10 shades



Kimberley Walsh

GETTY

★ To celebrate National Smile Month, *The Wharf* has teamed up with UltraSmile Dentistry ([ultrasmile.co.uk](http://ultrasmile.co.uk)), the award-winning practice in London's Limehouse Basin to offer one lucky reader the chance to brighten their smile with a Zoom Deluxe whitening treatment, worth £395.

UltraSmile has treated many celebrity clients including Karen Brady of *The Apprentice*, Kimberley Walsh of *Girls Aloud*, actor and presenter Angela Griffin and 2009 Grand National winner Liam Treadwell – so who knows who you might run into when you are there.

One of the first things people notice about you is your smile and the Zoom Deluxe treatment can whiten your teeth up to 10 shades. If you have an important occasion coming up such as a hot date, a job interview or maybe even a wedding, then you now have the chance to make sure your smile looks good.

The winner will visit UltraSmile's stunning practice for the whitening treatment and will also be supplied with a top-up whitening kit for home use to help maintain that smile.

They will also have the chance to enjoy a movie of their choice while the Zoom Deluxe whitening process is taking place.

For a chance to win just answer this simple question: Which member of Girls Aloud has UltraSmile treated?

To enter go to [wharf.co.uk](http://wharf.co.uk) and click the competitions link. You will need the code TW011.

Terms and Conditions

■ Prize not exchangeable for cash.

■ Treatment will be carried out following suitability check by an UltraSmile dental practitioner.

■ Treatment is not suitable for individuals with porcelain veneers or crowns.

■ Treatment is subject to availability.

■ Prize must be redeemed within 90 days of notification. If you're not lucky enough to win, treatments can be booked at [ultrasmile.co.uk](http://ultrasmile.co.uk).

## MANHATTAN GRILL WEST INDIA QUAY

# GREAT STEAKS...

"AND THAT'S NO BULL"

## SIGN UP NOW!

TO BE IN WITH A CHANCE TO ATTEND OUR LAUNCH EVENT

FIND THE FINEST STEAKS AROUND, COOK THEM TO PERFECTION, THEN SERVE WITH NO FUSS, NO GIMMICKS, NO BULL.

EMAIL YOUR DETAILS TO [INFO@MANHATTANGRILL.CO.UK](mailto:INFO@MANHATTANGRILL.CO.UK)  
TO BE ENTERED INTO A PRIZE DRAW TO ATTEND OUR LAUNCH EVENT

22 HERTSMERE ROAD · WEST INDIA QUAY · CANARY WHARF · LONDON · E14 4ED  
TEL: +44 (0) 207 517 2808 · EMAIL: [INFO@MANHATTANGRILL.CO.UK](mailto:INFO@MANHATTANGRILL.CO.UK)

EU DATA PROTECTION DIRECTIVE DISCLOSURE: By sending an email you expressly agree (i) to the control of your personal data according to the Marriott privacy policy by Marriott International Inc (Marriott Drive Washington, D.C. 20098) and London Marriott Hotel West India Quay (22 Hertsmere Road, Canary Wharf, London, E14 4ED) UK ("Marriott"), and (ii) to use them for promotional purposes after your approval. Please read the Marriott privacy policy at [Marriott.com](http://Marriott.com). You can send your questions or comments to [info@manhattangrill.co.uk](mailto:info@manhattangrill.co.uk) or make a call at +44 (0) 207 517 2808.



# Travel

## Why Arnhem is no longer a bridge too far

### NETHERLANDS

The scenic Arnhem region is perfect for fans of history and art, writes **Roger St Pierre**

**B**attlefield tourism is one of the few growth areas in an otherwise struggling industry. What used to be pilgrimages for veterans and their families have now become fascinating excursions for anyone with a sense of history.

The September 1944 Operation Market Garden paratroop and glider landings aimed to end the war by Christmas but instead led to a bloody defeat to which the British military cemeteries dotted around Nijmegen, Arnhem and Oosterbeek stand in silent testament.

The Netherlands conjure up images of canals and water-logged polders but this pretty part of the country is like another land – wooded and hilly, dotted today with peaceful villages and prosperous towns.

It's a great region in which to spend a few days, not only exploring battle sites but also taking in such attractions as the vast Hoge Veluwe National Park and its remarkable Kroller Muller Museum (0031 318 591 261; kmm.nl), home to the world's second largest collection of Vincent Van Gogh's work, as well as masterpieces by Picasso and



The infamous bridge at Arnhem, which was rebuilt in 1948

### FACTFILE

- The trendy Eden Design Hotel (edendesignhotel.com) in Maastricht is close to the city's main railway station.
- Oosterbeek's Hotel Dreyeroord (dreyeroord.nl) is a favourite haunt of returning veterans.

Renoir, and a sculpture park featuring works by Rodin, Moore, Hepworth and Dubuffet.

Virtually underneath the infamous bridge, the Battle of Arnhem Information Centre (0031 630 003 595; freedomtrail.nl) has evocative commentaries from British, Polish, Dutch and German men who fought there.

### W Why should I visit Arnhem?

"To discover an important slice of history amid delightful rolling countryside and historic towns."

The elegant Villa Hartenstein in Oosterbeek, which served as the Allied headquarters in 1944, is now home to the Airborne Museum (0031 263 337 710; airborneuseum.nl) whose award-winning Airborne Experience places you in the midst of the fighting.

Also worth a visit are Nijmegen's Kronenburger Park, with its fairytale grotto and 100ft Gunpowder Tower, and Museum Het Valkhof (0031 243 608 805; museumhetvalkhof.nl), a modernist gallery renowned for its '60s Dutch pop art collection.

The nearby National Liberation Museum 1944-1945 (bevrijdingsmuseum.nl) gives a broad overview of the whole occupation era, including the sounds and smells of war.

My last port of call, Maastricht, is often described as a very un-Dutch city, thanks to the contemporary, almost Mediterranean ambience of its lively squares. Here you can walk the 13th century city walls, admire the Flemish masterpieces at the strikingly designed Bonnefanten Museum and marvel at the treasure chamber of the Basilica of St Servatius.



## WIN a luxury break for two people in Jersey

★ Blue Islands has teamed up with Longueville Manor, Jersey Tourism and The Wharf to offer one lucky reader a luxury break for two in Jersey.

Blue Islands flies direct from London City Airport to Jersey and is the executive way to get to the island. The transparent pricing policy means there are no hidden charges – no debit or credit card charges, no baggage or even excess baggage charges and free ticket changes.

The flight is just an hour and all passengers enjoy complimentary breakfast and champagne bar service as well as executive lounge access in Jersey.

Longueville Manor is Jersey's finest luxury hotel and restaurant. Independently owned and managed, it is the only AA Five Red Star hotel on the island.

With its 30 stunning bedrooms and suites, renowned restaurant and magical surroundings, this boutique

hotel is recognised as one of Europe's most celebrated getaways.

The prize includes a pair of return flights with Blue Islands from City Airport to Jersey and a two-night stay for two people at Longueville Manor. Also included in the offer is luxury double accommodation, champagne on arrival, three-course dinner, full English breakfast and a group one hire car.

The prize also includes Jersey Passes courtesy of Jersey Tourism, so you can visit the best that the island has to offer. You will be granted free entry to many of Jersey's attractions and you can take advantage of special offers.

For a chance to win just answer this simple question: Do Blue Islands levy hidden charges on baggage?

To enter go to wharf.co.uk and click the competitions link. You will need the code **TW011**.

For more details about the organisations featured, go to blueislands.com or longuevillemanor.com.

## Carrot Cars



0207 005 0557



Card terminal in every car!  
bookings@carrotcars.co.uk

Book online: www.carrotcars.co.uk



## Cheap, clean, reliable minicabs



## ACE-FX

CURRENCY ONLINE  
CANARY WHARF



GET MORE CURRENCY FOR YOUR MONEY  
WITH ACE-FX

WE GUARANTEE TO BEAT THE POST OFFICE AND THE BANKS

NEW STORE NOW OPEN AT CABOT PLACE

ACE-FX

BUREAU DE CHANGE - NO COMMISSION  
CANADA PLACE - CABOT PLACE  
020 7513 1925 - 020 7719 1313

# Images



1

1

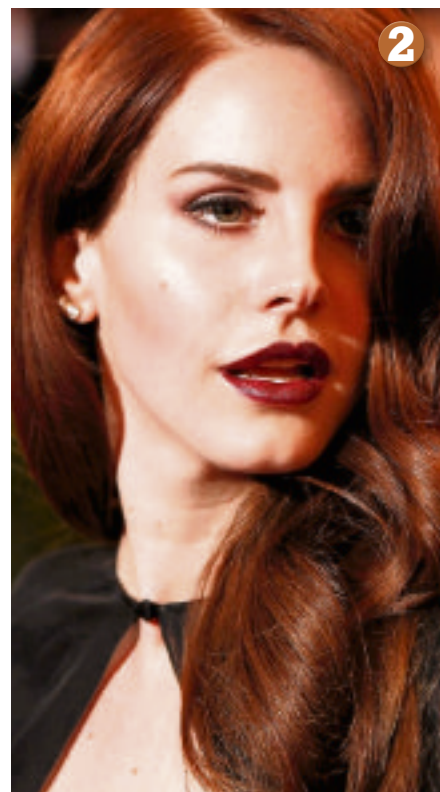
Seasonal fog drifts over Cape Town.

REUTERS  
Mike Hutchings  
SOUTH AFRICA

2

Singer Lana Del Rey arrives at a charity Benefit party.

REUTERS  
Lucas Jackson  
UNITED STATES



2

Go to [reuters.com/news/pictures](http://reuters.com/news/pictures) or text RTR to 84070 | For prints go to [reuters.com/prints](http://reuters.com/prints)

Deal of the day

**SAVE  
56%**

on a 15 minute tattoo consultation and 45 minutes of ink time

Go for it! Here's your chance to think before the ink, make the right choice and receive advice from the professionals. Get the tattoo you've always dreamt of and be sure it's exactly what you want.



was  
~~£80~~

now  
**£35\***



Just one of the many great deals, every day, at [happli.co.uk](http://happli.co.uk)

\*. For full details go to [happli.co.uk](http://happli.co.uk)



Live life. Live happli.



## the Road

With one eye on the speedo and the other on the open road



## Head turner is safe as houses

## FIRST DRIVE

Peter Keenan  
The Wharf

This is a Mini on steroids – indeed if it ran the 100m at the London Olympics then this road rocket would break the world record.

The John Cooper Works Coupe version of the iconic motor still just about looks like a Mini – but every aspect of it is deliberately exaggerated, from the bodywork to the spoiler that lifts from the rear as you accelerate through the six-speed transmission.

The exterior sports a hexagonal mesh radiator grille, distinctive air inlets below the front grille for cooling the brakes and centrally mounted twin exhausts that underline the race-track appearance.

To say it catches the eye doesn't quite do it justice, but don't expect to be let out at junctions.

The glances cast in its direction are admiring. But those cast at the driver are not so complimentary and imply one of three things:

■ The person behind the wheel is having a mid-life crisis – those looks applied to me.



The John Cooper Works Coupe is an exaggerated version of the Mini

■ The person behind the wheel is a boy racer, bizarrely those seemed to apply to me as well, judging by the number of spoiler-bedecked automobiles wanting to turn a dual carriageway into a race track.

■ The owner has spent a stupid

amount of money on a souped-up Mini.

The last one can be laid to rest immediately as the price-tag is not bad at a shade over £23,000 and the car is reasonable when it comes to running costs.

## FACTFILE

## Mini John Cooper Works Coupe

- Price: £23,390
- Mechanical: 211bhp, 1,598cc, 4cyl petrol engine driving front wheels via six-speed manual gearbox
- 0-62mph: 6.5 secs
- Top speed: 148mph
- Combined mpg: 39.8
- Insurance group: 24
- CO2 emissions: 165g/km
- BIK rating: 23 per cent
- Warranty: 3yrs/unlimited miles

This car is meant to be driven quickly with a 0-62mph time of 6.5 seconds and consequently the claimed 39.8mpg figure is largely unobtainable as the laid-back driving style needed to achieve it defies the logic of owning a vehicle such as this in the first place.

The dash is dominated by the satellite navigation screen situated in the middle of the circular speedometer, which provides the centrepiece of a snazzy cabin.

The interior also features a healthy sprinkling of John Cooper Works badges plus lots of neat switches and dials that make the car a fun place

to spend time. The sports seats hug the body like a wrestler and there's a surprisingly large boot offering 280 litres of space.

There are also handy storage areas behind the seats so despite looking a bit cramped from the outside the reality is driver, passenger and luggage all have a decent amount of room.

With a speed machine like this, safety is important and there's lots of kit to keep you out of trouble and protect you if an accident or crash becomes unavoidable.

Various sensors detect hazards and immediately alert the driver. In tricky situations the intelligently-tuned suspension, stability control and the hi-tech braking system come to your assistance.

There are six airbags and a chassis featuring a rigid collapsible steering column that acts as a protective shield in the case of an impact from the front, rear and side or when the car rolls over. It all adds up to a package that's lots of fun for the money, but is still Captain Sensible when necessary.

## Our verdict

A lot of fun despite the looks

★★★★☆

DEFY CONVENTION



zoom-zoom

# AN ADVENTURE OF A LIFETIME.

## INTRODUCING THE MAZDA MX-5 VENTURE SPECIAL EDITION.

Available now with **0% APR\*** representative over 3 years with 50% deposit.

**Premium specification as standard:**

- Unique 17" Light Gunmetal alloy wheels
- Available in Crystal White Pearllescent, Metropolitan Grey Mica and Radiant Ebony Mica
- Built-in Sanyo TomTom® Satellite Navigation with 5.8" touch screen
- 'Havana Brown' heated leather sports seats
- Alloy pedal set

The official fuel consumption figures in mpg (l/100km) for the Mazda MX-5 range: Urban 25.4 (11.1) - 28.8 (9.8), Extra Urban 45.6 (6.2) - 50.4 (5.6), Combined 35.3 (8.0) - 39.8 (7.1). CO<sub>2</sub> emissions (g/km) 188 - 167.

Retail sales only. Subject to availability at participating dealers only on vehicles registered between 1 April and 31 July 2012. Terms and conditions apply. \*0% APR available on all Mazda MX-5 models on Mazda Conditional Sale with a 50% minimum deposit required. Finance subject to status. Applicants must be 18 or over. Credit checks/creditworthiness may be required. Mazda Financial Services RMI Ltd. Model shown: Mazda MX-5 Roadster Coupe 2.0i Venture, OTR price £22,295. On the road price includes Mica/Pearllescent paint, VAT, number plates, delivery, 12 months' road fund licence, 1st registration fee, 3 year or 60,000 mile warranty and 3 years' European Roadside Assistance. \*Test drives subject to applicant status and availability. Details correct at time of going to print.

**Experience the Mazda MX-5 Venture for yourself and book a test drive\* today.**

**Romford Mazda**  
299/307 Collier Row Lane, Romford, Essex, RM5 3ND.  
01708 735735.  
www.romfordmazda.co.uk



To advertise, call Charlotte Waller on 020 7510 6402

## the Wharf

## classified

## Hostess &amp; Escorts

**Suzannes Escorts**  
Bookings  
**0871 222 0601**  
Calls to 0871 numbers cost 10p per minute plus network extras.  
FD box 121 toll free customer service 0845 313 3074



Check out our girls on our web site  
Info 090 673 91679  
Calls to 0906 numbers cost £1.02 per minute plus network extras.  
FD box 121 toll free customer service 0845 313 3074

**www.SuzannesEscorts.Co.UK**

*To your door  
within the hour  
or visit us by  
appointment  
Driver service  
from the station*

*7 nights a week  
till 3am*

**UK SUGAR BABES**  
  
Young Escorts Mature Escorts  
CALL FOR WEBSITE  
07500 709 050

**MARY**  
High Class  
Independent Latin  
Ebony  
Canary Wharf  
Luxury Flat  
In/out. Call for Web  
**07544 902012**

**High Class  
Mature  
Independent  
Escort**  
In Canary Wharf  
**07932236226**

Never  
underestimate  
the power of  
advertising  
**GIVE US  
A CALL**

## Health &amp; Beauty

**MOBILE SPRAY  
TANNING**  
Georgeous tan in  
Chocolate, Cherry  
or Coconut scent.  
**FULL BODY SPRAY £15**  
Call **07766 915965**

**Independent  
Exotic Latin  
Mature &  
Attractive**  
In/out in Canary  
Wharf luxury flat  
Early till late  
Gina  
**07903 440 616**

**Oriental  
Beauty**  
Independent  
  
Best Service  
Docklands Area  
11am till 11pm  
**07758 800187**

## Adult Massage

**Oriental Full body 2  
body oil massage**  
**www.  
londonbody2body.  
co.uk**  
**Many other Services**  
In or Out call  
**07779211427**

**Eva  
Massage**  
Canary Wharf  
Luxury Apartment  
In calls only  
**07725 838733**

**YoYo**  
Japanese Body Massage  
in Canary Wharf.  
Appointment required:  
**0776 834 9955**  
For more info:  
yoyomassage.co.uk

**SENSUAL  
TANTRIC  
MASSAGE**  
**www.tantric-hart.com**  
Call: **07583 051 374**

**Amazing  
Chinese  
Massage**  
Luxury Rooms  
Canary Wharf/  
South Quay  
**07729 760888**  
**www.gaomedical.co.uk**  
Free Packing & Card Accepted

**Need  
customers?**  
List on  
**LocalMole.co.uk**  


**DISCOUNTS  
FOR 2012**



**07557 227561**  
**www.georgiehphotography.com**  
**info@georgiehphotography.com**

**GEORGIE H**  
P H O T O G R A P H Y  
L O N D O N | K E N T | E S S E X

**Paying for  
your ad is  
easy...**

**When you use one  
of the following  
methods:**



...doing it right. Love what you do. Take control of your career and make all the right moves. If you're looking for a secretarial, PA or admin role, we've got a fantastic choice of opportunities for you. We can get you what you want.

Visit [www.secsinthecity.com/jobs](http://www.secsinthecity.com/jobs)

**SECS**  
inthecity.com



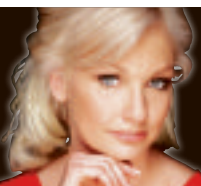
# Take 5

Keep your brain ticking over with our selection of coffee break puzzles



## Stars

With Claire Petulengro



### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Your career comes under the spotlight and you finally get the chance to have a say about how you do your job. Those out of work will also be lucky.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Your cash flow is not as fluid as you would like it to be, which is why you'd be wise to plan what you want to do sooner rather than later, Pisces.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

Health matters slowly but surely seem to be improving and the way you view your life seems much more positive nowadays. Visitors may be a nuisance.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Family don't seem to understand all what you've been through lately, but have you stopped to ask yourself why this may be so? Give them the details.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Love and lust are getting confused and it wouldn't do you any harm to take some time out to review who you are and what you want out of things.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Work seems to be taking over your life in the days ahead as you try to complete something that is going to have a direct affect on your reputation.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

The line up this week offers you fresh hope about a relationship which has been going through a rather difficult phase of late. Stay positive.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Make sure you've read all documents, emails and texts this week as you may have missed some important points that may make all the difference.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Happy times are predicted for you my friend. I know you've been through a lot and I also know you're now coming through the other side. Keep looking forward.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Your psychic side comes to the fore and you start to realise who your friends and enemies are. You won't let them know of your knowledge of course.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Bad news is really good, as you'll find out for yourself by the time this week is over. You've been looking at life as if the glass is half empty, when it's really full.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Younger faces need your time and advice. Normally you'd give it, but this week you seem to be busier than usual. Try to make time, as you can make a difference.

## Dinner and a Movie



★ Fancy winning dinner and movie for you and a friend?

We've teamed up with West India Quay's La Vista and Cineworld West India Quay to offer two pizzas, two bottles of Peroni or a bottle of wine and a pair of tickets to the cinema.

To be in with a chance of winning, just tell us which actor is

pictured above in the film *2 Days In New York*. Email your answer to [competitions@wharf.co.uk](mailto:competitions@wharf.co.uk) with "Movie Night" in the subject line. The closing date for entries is May 24.

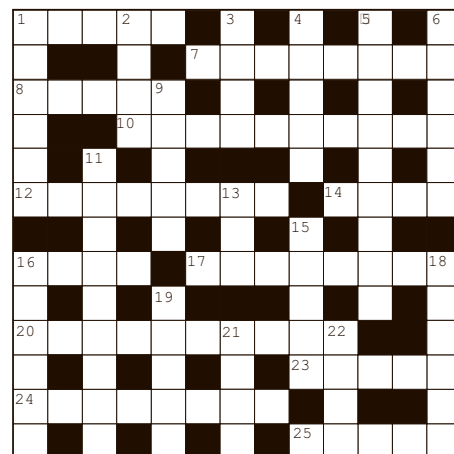
Include your name and full postal address and the details will be posted to you.

RESTAURANT

La Vista

cineworld

## Crossword



### ACROSS

1. To sidestep (5)
7. Evident (8)
8. Cheroot, say (5)
10. Early bicycle (10)
12. Feeling of great elation (8)
14. Extremely (4)
16. Principal (4)
17. Military formation (8)
20. Nominal leader (10)
23. Light beer (5)
24. Remote (8)
25. Raising agent (5)

### DOWN

1. Reach a decision (6)
2. Snatch (4)
3. Fencing sword (4)
4. Turning tool (5)
5. Apiarist (9)
6. Strongly built (6)
9. Automaton (5)
11. Antelope (9)
13. Water frozen solid (3)
15. Essential (5)
16. Small domed cake (6)
18. Tower (6)
19. Fracture (5)
21. Gardening implements (4)
22. Panto character (4)

ACROSS: 1. Dodge; 2. Grub; 3. Epee; 4. Lathe; 5. Bessie; 6. Sturdy; 7. Apparent; 8. Cigar; 9. Euphoric; 10. Bone-shaker; 11. Springbok; 12. Evident; 13. Ice; 14. Very; 15. Vital; 16. Regiment; 17. Main; 18. Turret; 19. Break; 20. Nominal; 21. Light; 22. Dame; 23. Beer; 24. Remote; 25. Yeast.

## Sudoku

### EASY

3	7				2		8	1
5	6			8	3			7
			9		6			
	9			6	8	4		
		5	3		8	1		
	8	3	4				7	
		1		2				
8			9	3			1	4
9	5		7				2	8

### HARD

	2		5		9		3	
	4	1	7		3	9	2	
1			6		4			5
		6	1		2	3		
9			3		8			6
	1	3	4		7	6	5	
	9		8		6		4	

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not try yourself and see whether you can beat your best with next week's puzzles?

Contact our psychics to get a FREE personal CD of your reading

### Live psychic

Call a live psychic for your personal consultation on **0906 174 2078**

To pay for psychic reading by credit card, call 0800 063 0909

### Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net)  
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

## Sport

# Elite cycling comes back to the Wharf

Louisa Emery  
@wharf.co.uk

WHEEL-spinning action is returning to Canary Wharf as the nation's elite cyclists prepare to do battle for a place on the podium.

The estate is hosting round seven of the Halfords Tour Series – two months of tough competition between the top teams in the country on May 31.

Olympic gold medalist Ed Clancy and Team GB cyclist and Tour De France stage winner Magnus Backstedt are among the competitors.

Pro rider Stephen Adams from Cycle Premier Kovert, who is taking part for the third year running, was in the Wharf to launch the event.



Stephen Adams and Marcel Six

attracting an average of a quarter of a million viewers.

"The way cycling is in the UK means this is a great opportunity to get on television – that's a big draw for everyone. It lets all my friends know what it is I do. I hope to win, but I'm sure everyone does. If I could get a top five or a podium at Canary Wharf, I'd be happy."

Places are still available for the corporate grand prix. Five riders partner up with a professional to compete over the same course in a shorter race.

Last year's winners were Thomson Reuters and the company is entering a team this year headed up by 2011 team captain Roger Beswick.

The triumphant team will be entered into the corporate round of the Tour Of Britain.

For details go to [tourseries.co.uk](http://tourseries.co.uk).

LOUISA EMERY

## Boxing

### The Haye-Chisora feud rumbles on

BERMONDSEY boxer David Haye will make another attempt to unify the heavyweight division – but he has the small matter of a grudge match with Dereck Chisora first.

The boxer is coming out of retirement to continue his feud with fellow Londoner Chisora – this time inside the ring.

The showdown will take place at West Ham's Upton Park ground on July 14 and if Haye dispatches Chisora then Wladimir Klitschko awaits. In July it will be a year since Haye fought and lost to the formidable Ukrainian who holds the WBA, IBF and WBO belts.



David Haye and Dereck Chisora

Haye, 31, said: "[The Klitschko] fight will happen, but in September at the earliest. If it could have been agreed already I wouldn't be fighting Chisora."

"I've always been looking for that fight against the Klitschkos. That's the one thing I've got left to do – to unify the titles."

Tickets for the fight start at £50. The card will also feature Alexander Povetkin defending his WBA World Heavyweight title against Hasim Rahman.

GETTY

# Britain will win more medals in 2012 than predicted

## ATHLETICS

Olympic hopeful says he is confident team will do well at this summer's Games

Rob Virtue  
@wharf.co.uk

Nottingham-born 110m hurdler Andy Turner has his eyes set on qualifying for this summer's Olympics after a winter battling to overcome injury.

The European Athletics Championship gold medalist, who returned to the track earlier this month, spoke to *The Wharf* at a Tesco-sponsored event with Newham schoolchildren in West Ham Park.

**You've had a tough winter with injuries. How are you now?**

Back and fit. I had my problems over January time but I've had a few injections and the doctors have been working hard.

I'm in one piece and pain free at the moment. I've been in Florida training

at Disney World for the past few weeks I raced in Jamaica and have a race in Manchester at the weekend.

**Have you qualified for the Games?**

I've got the qualifying time which is one box ticked. Now I've got to come in the top three in the qualifiers in June. I'm feeling confident.

**What's the vibe like among the British athletes with London 2012 just around the corner?**

Olympics in general always create more excitement. Most athletes are trying to focus on the fact it's a championship rather than its location otherwise you can get too over-awed by the whole situation.

There's more pressure on the British but everyone's just focusing on going to a Games.

**And there's a lot more competition in the 110m hurdles in Britain than in previous years. Are you happy with the competition?**

It's looking really healthy. There's a couple of guys in the hurdles coming through which is good because I've had it quite easy over the last eight years. In other events as well, the performances athletes produced this year, standard-wise, have improved. I think there's going to be a few surprises and more medals than predicted.

## WEEKEND FLUTTER

WITH THE

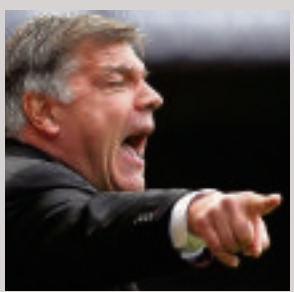
RACING POST

### RACING

■ The JLT Lockinge takes place at Newbury on Saturday, and all eyes will be on the unbeaten Frankel as the four-year-old tries to make it 10 straight wins. On all known form Henry Cecil's superstar will take all the beating, but the ground is likely to be soft, and Aidan O'Brien's new recruit Excelebration could be a spot of value to beat him. He has a fitness edge over his old rival after bolting up on the bridge on his first start since leaving Marco Botti, and the testing ground will probably be more to his liking than for Frankel. Not a race for a massive wager but a small bet is advised on Excelebration at around 7-2.  
*Ed Quigley*

### FOOTBALL

■ The Champions League final



The Racing Post is tipping Sam Allardyce's West Ham for promotion

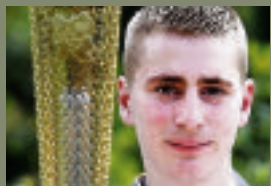
is the biggest betting heat of the football season but the best bet comes in the Championship Play-Off at Wembley on the same day. Back West Ham to hammer Blackpool for the third time this term at 11/10 with most bookmakers.  
*Mark Langdon*

## Olympics

### Alex starts torch on its way to UK

ALEX Loukos, from Newham, is 19 now but can still represent the youth of London, a role he first undertook in 2006 when he went to Singapore to support London's bid for the Olympic Games.

He had all the credentials – the son of a Greek immigrant born in a downtrodden borough – to encapsulate the hope, the inclusivity and the legacy of the 2012 dreams.



Alex Loukos carrying the flame

When the flame was lit inside the Temple of Hera at the historic ruins of the home of the ancient Olympic Games, little wonder that Alex was there too.

The flame will go from the homeland of his father, to the borough where he lives. His family history is the flame's journey – and he was the second torchbearer.

He said: "I've grown up with London 2012 – it is an unbelievable honour to be a torchbearer."

GETTY

# Irons completely

## WEST HAM

Centre-back says Irons will play on their own terms

Rob Virtue  
@wharf.co.uk

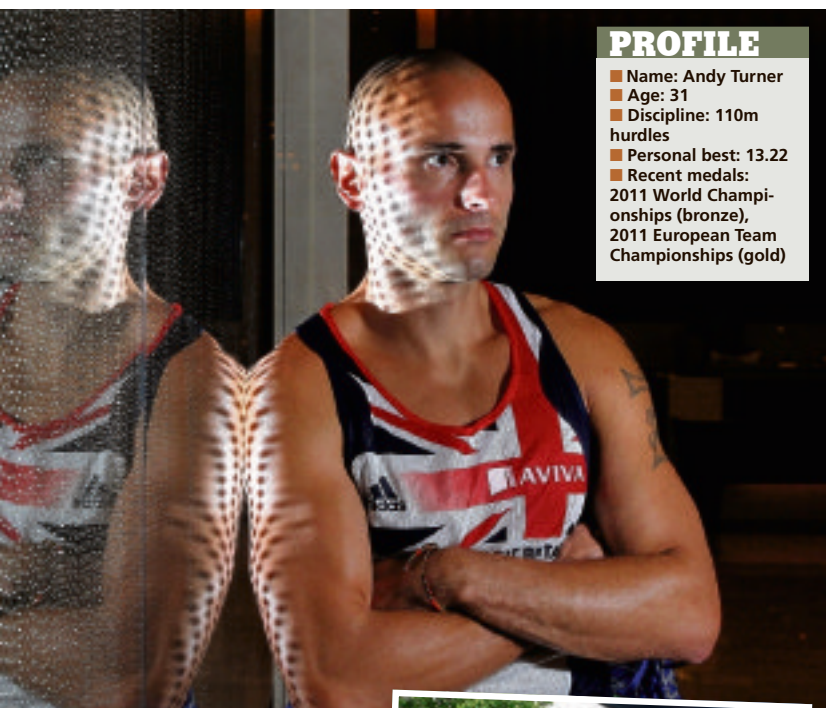
West Ham defender Winston Reid has his sights set on a return to the Premier League this weekend. The Hammers' centre-back, who was man of the match in his side's play-

off semi-final second leg against Cardiff City, is confident the east Londoners can out-play their rivals again on Saturday in the final against Blackpool.

"It's going to be a big occasion and hopefully an occasion where we celebrate at the end," said the 23-year-old. "We will play our own game like we have done all season and hopefully we will be rewarded."

"After missing out on automatic promotion, we were disappointed and had to pick ourselves up but it just made us more determined to get there. We're fully focused on achieving our promotion goal and getting back to the Premier League."





## PROFILE

■ Name: Andy Turner  
 ■ Age: 31  
 ■ Discipline: 110m hurdles  
 ■ Personal best: 13.22  
 ■ Recent medals:  
 2011 World Championships (bronze),  
 2011 European Team Championships (gold)

Your first championships was at the age of 24. Isn't that quite late?

I was running before that but wasn't very good. I never made a junior team so in 2004 I was really thrown in the deep end. I used to play football but loved athletics because if I had a good race it was down to me whereas if I had a good game and my teammates were rubbish we would lose.

How did you cope with having your lottery funding cut in 2009 after injury? Was that a worry pre-2012?

2012 wasn't even in my mind as funding is assessed year by year. I knew I could still run well. It was frustrating but I knew I still had what it takes. It was a tough year because I



had to race everywhere to top up my funding. Funding also means you can have all the medical help you need and that was the most difficult point. But they want performances and if you can't provide those performances then why should they invest in you?

I hear you haven't been in the stadium yet. Why?

I've been outside the stadium in the complex. I've had the opportunity to race and train inside but I've declined it. I want to keep it fresh for that day.

Andy Turner promotes the Tesco Great School Run with children from Newham schools in West Ham Park

**W** Why do you think GB will do well?

"The performances athletes produced this year standard-wise have improved. There's going to be a few surprises."

## focused on winning



Winston Reid in action against Cardiff City as West Ham win a place in the Play-Off final at Wembley

# 500

Tickets sent back by Blackpool

Reid returned to the starting line-up in April and said he thought the Hammers settled defence had been the key to their recent good form.

"It is important that the back four have a good understanding as it allows the attacking players to concentrate fully on scoring the goals that will win us matches," he said.

Hammers fans snapped up the last remaining tickets on Tuesday morning after Blackpool sent back 500 of their allocation.

## Martial arts hit Excel centre

AN interactive combat sports and martial arts event is coming to the Excel over the Jubilee weekend.

SENI – Japanese for fighting spirit – sees workshops, seminars, demonstrations, tournaments and open mat sessions at the entertainment venue on both Saturday and Sunday in the first weekend of June.

The likes of Ultimate Fighting Championship's Mike "The Count" Bisping will be running training sessions while fitness expert Billy Blanks will be on hand to offer tips.

Areas on show range from a mixed martial arts section, to a boxing arena and a fitness zone.

The largest part of the show will be the SENI tournament zone with more than 4,000 fighters taking part in the London International Open across disciplines such as judo, taekwondo, fencing, karate, jiu-jitsu and wushu.

Tickets for the June 2 and 3 event start at £20 for the day and £25 for the weekend, with discounts for children. Go to [senishow.com](http://senishow.com) for more information or call Ticketmaster on 0844 847 1699.



## WIN tickets for the star-studded SENI combat sports show



Meanwhile, *The Wharf* is offering five pairs of tickets to SENI. For a chance to win just answer this simple question: What does SENI mean in Japanese?

To enter go to [wharf.co.uk](http://wharf.co.uk) and click the competitions link. You will need the code TW013.

# BURLESQUE CITY

Formerly Known As VENUS

Open Mon - Sat  
From 8 pm

**NOW OPEN**

Free Admission With This Ad

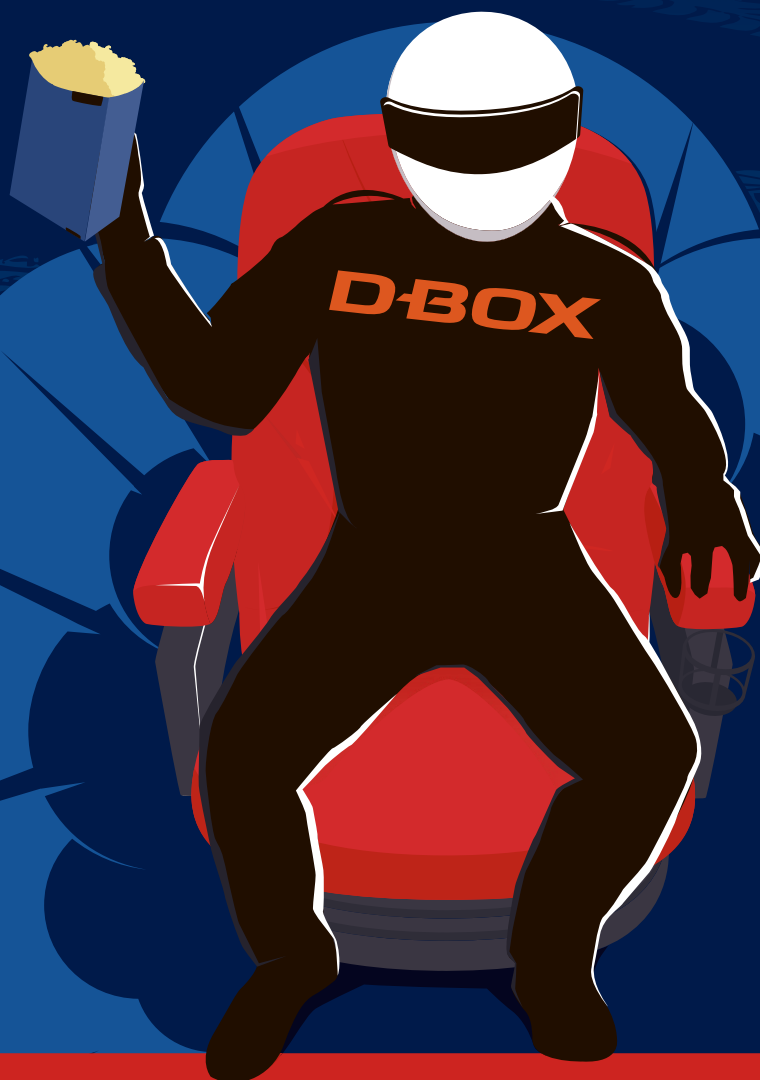
London's premier fully nude table dancing venue

29 Farringdon Road, London EC1M 3JB

Tel : 020 7242 1571 [www.cityburlesque.co.uk](http://www.cityburlesque.co.uk)

The Cineworld logo, featuring a red star icon followed by the word "cineworld" in a white sans-serif font, with "C I N E M A S" in smaller letters underneath.

# LIVE EVERY TWIST, TURN AND CRASH



D-BOX motion effect seating has landed  
at Cineworld at The O2, Greenwich

Book Avengers Assemble 3D now at [cineworld.com](http://cineworld.com)

Join  
**my**  **cineworld**  
for free online and save 10%

Terms and conditions apply, visit [cineworld.com](http://cineworld.com) for details. No booking fee and mycineworld ticket prices valid until further notice.

[cineworld.com](http://cineworld.com)